

Expected Practices

Specialty: Cardiology

Subject: Heart Murmurs in Adults

Date: May 1, 2014

Purpose: Evaluation of Heart Murmur in Adults

Target Audience: Primary Care Providers

Expected Practice:

Indications for eConsult for Heart Murmurs:

SYMPTOMS:

- Dyspnea, dyspnea on exertion, orthopnea or chest pain

HISTORY:

- History of syncope, history of rheumatic fever, congestive heart failure disease

PHYSICAL EXAMINATION:

- Auscultation of any diastolic murmur
- Grade II/IV or greater systolic murmur
- Findings suggestive of CHF

CONSIDERATIONS PRIOR TO eCONSULT:

- For asymptomatic heart murmur: No treatment should be initiated until after diagnostic test
- If patient has mild volume overload, diuretics such as furosemide may be initiated. Specific treatment can be started in Cardiology Clinic once definitive diagnosis is made
- Endocarditis prophylaxis with antibiotics should be used when indicated. Use eConsult if there are questions about indications for endocarditis prophylaxis

This Expected Practice was developed by a DHS Specialty-Primary Care Work Group to fulfill the DHS mission to ensure access to high-quality, patient-centered, and cost-effective health care. SPC Work Groups, composed of specialist and primary care provider representatives from across LA County DHS, are guided by 1) real-life practice conditions at our facilities, 2) available clinical evidence, and 3) the principle that we must provide equitable care for the entire population that LA County DHS is responsible for, not just those that appear in front of us. It is recognized that in individual situations a provider's clinical judgment may vary from this Expected Practice, but in such cases compelling documentation for the exception should be provided in the medical record.

STUDIES TO BE COMPLETED BEFORE eCONSULT:

- ECG
- Echocardiogram: If normal or mildly abnormal, a referral may not be necessary. If there are questions about the echocardiogram findings, please eConsult with Cardiology.

SPECIAL INSTRUCTIONS:

- If there are further questions about evaluation and management of heart murmurs, please eConsult with Cardiology.
- Send decompensated NYHA CLASS III-IV CHF to Emergency Room immediately

Reference:

NYHA Classification of Heart Failure: Class I-IV

Class I (Mild) - No limitation of physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, or dyspnea (shortness of breath).

Class II (Mild) - Slight limitation of physical activity. Comfortable at rest, but ordinary physical activity results in fatigue, palpitation, or dyspnea.

Class III (Moderate) - Marked limitation of physical activity. Comfortable at rest, but less than ordinary activity causes fatigue, palpitation, or dyspnea.

Class IV (Severe) - Unable to carry out any physical activity without discomfort. Symptoms of cardiac insufficiency at rest. If any physical activity is undertaken, discomfort is increased.